

FIREGROUND REHABILITATION GUIDELINES

COLD WEATHER

INCIDENTS LASTING 30-60 MINUTES:

- Fluid replacement with water at cool to room temperature (56- 72 Deg. F)
- Have water available for air bottle changes- 8oz./bottle change.

INCIDENTS LASTING > 60 MINUTES:

1. Have water available for air bottle changes- 8ozibottle change.
2. For companies arriving at rehab provide the following:
 - Fluid replacement with water and sports drink 50/50 mixture at cool to room temperature. If using powdered drink mix - double the water amount directed.
3. Warm, **decaffeinated** fluids that are easily digested such as hot chocolate or soup/broth.
4. Easily digested foods such as plain sandwiches, stew, fruits, snack bars, plain pizza.
 - Do not include fried foods or high fat foods. (i.e. donuts, pastries, burgers)
 - Do not provide carbonated or caffeinated drink options.
 - Fluids should be consumed at a rate of 7-10 oz. for every 20 min. of firefighting activity.

REHAB SITE GUIDELINES:

- Rehab area should be warm
- Encourage firefighters to remove wet clothing and replace with dry clothing as possible

NOTES:

- Caffeine ingestion causes dehydration, increases heart rate and blood pressure and may cause irregular heart rate.
- Including sodium in rehydration fluids helps prevent hyponatremia from excessive perspiration and repletion with water only.
- Cool to room temperature fluids are more readily absorbed by the body and are easier to consume when working.
- Concentrated drinks and foods high in fat are not easily digested. They can result in nausea and further dehydration as they pull from the body's fluid stores to process.